

Cycle Studio-Fitness Class Schedule

Spring

Welcome to the “FITZONE”! Admittance to “FitZone” fitness classes is included in your daily admission, 10 or 20-visit pass, monthly pass or SilverSneakers® membership at the Recreation Center. It is recommended that all persons starting an exercise program consult their physician prior to participation. Participants must be at least 14 years old.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6am-6:45am Express Cycle Ben	6-7am Cycle Judi	6:00-6:45am Express Cycle Becky	6-7am Cycle Anne	7-8am Cycle Ronda/Terry	8-9:30am Endurance Cycle Becky
	7:15-8am Express Cycle Burt		7:15-8am Express Cycle Burt		8:15-9:15am Cycle Gregg	
12-12:45pm Express Cycle Anne NEW!	12-12:45pm Express Cycle Ronda		12-12:45pm Express Cycle Felicia	12-12:45pm Express Cycle Anastasia		
4-5:15pm Cycle-Yoga Becky		4-5:15pm Cycle-Yoga Ronda				
5:45-6:45pm Cycle Kara	5:15-6:15pm Cycle Anastasia	5:30-6:15pm HIIT Cycle Jill	5:15-6:15pm Cycle Felicia			
	7-8pm Cycle Becky	6:30-7:30pm Lift 'n Ride Felicia				